

Parent and carer comms toolkit for schools: Easter to summer term 2026

Skills Development Scotland (SDS) is the national career service and has careers advisers in every state secondary school in Scotland.

We're keen to help parents and carers understand our services and kindly ask for your support in helping us share our service messages relevant to this term.

This toolkit has suggested ready-to-use content that can be used across your school communication channels.

You may wish to use a QR code to support individuals to make a career guidance appointment for your specific school to complement the content in this toolkit. The SDS careers adviser in your school can provide this file. Suggested accompanying copy:

This QR code: <insert QR code graphic> can be used to book a one-to-one career guidance appointment in school for your young person.

In this term's toolkit, you'll find information on the following:

- **SDS support and use of data** – how SDS collects and stores contact pupil information
- **Support for school leavers** – how to access the SDS career service beyond school
- **Results support** – information on the SDS Results Helpline 2026
- **SDS Parent and Carer Voice survey 2025/26** – for parent and carer feedback on our career services
- **Modern and Graduate Apprenticeships** – information on these apprenticeships including how to apply.

Thanks for your support

SDS support and use of data

Timing: year-round

How Skills Development Scotland uses information to support your young person

Skills Development Scotland (SDS) works closely with schools, local authorities and other partners to help support young people to make a positive transition from school into learning, training or work.

While your young person is at school, basic information such as their name, date of birth, school, expected leaving date and contact details are shared securely with SDS. This information is provided by schools and local authorities under the Post-16 Education (Scotland) Act 2013 and allows SDS to make sure the right support is available at the right time.

The contact details provided might also include telephone numbers relating to parents, carers, or guardians. This is to ensure SDS careers advisers and staff can reach out if they need to discuss your young person's plans for the future, offer guidance, or arrange appointments. SDS's aim is always to offer tailored support for young people as they take these important next steps.

You can view the [SDS privacy notice on the SDS website](#).

Support for school leavers

Timing: now to end June

SDS services beyond school

If your young person is leaving school and you or they are feeling worried or unsure about their next steps, Skills Development Scotland (SDS) can help.

The SDS career service is there for everyone, and they can help young people in school and after they leave. An SDS careers adviser can explain the options and support available to them to build the confidence they may need to make decisions and take their next steps.

SDS careers advisers can be reached in school, in SDS centres or community venues across Scotland, or by phoning the freephone SDS helpline. Guidance teachers in school can put you in touch with your school SDS careers adviser. Find your nearest SDS centre or community venue at skillsdevelopmentscotland.co.uk/contact-sds or call the freephone SDS helpline, Monday to Friday, 9am to 5pm on 0800 917 8000. All SDS services are free for everyone to use.

For the Careers Adviser to best support your young person, they may contact you by telephone to find out what your young person's plans are after school, offer support and arrange appointments.

My World of Work - online support for school leavers

Parents and carers have a key role to play in helping their young people move on from school to whatever comes next. To help you provide support at this important time, Scotland's career website, [My World of Work](#), has a dedicated area with information and resources to help you [support your child as they leave school](#), including a [school leavers' toolkit](#) and a [guide to career conversations](#).

There is also useful information on [additional support for learning](#) and [additional support for work](#).

My World of Work also now offers a translation tool. Using a button on the homepage, the whole site can be instantly translated into 16 different languages, helping young people and parents and carers who use English as an additional language to access the information and support they need.

Suggested text/school app alert and social media post copy and graphic (right click to save image):

Skills Development Scotland's career service can continue to support young people after they leave school. Find out where to meet them near you skillsdevelopmentscotland.co.uk/contact-sds



Results support - SDS Results Helpline 2026

Timing: from now to Friday 7 August 2026

SDS Results Helpline

Scottish candidate results will arrive on Tuesday 4 August 2026.

Whatever your young person's results, Skills Development Scotland's (SDS) Results Helpline will be there to offer them, and you, support and advice.

SDS's expert careers advisers can talk to you both about the results, course vacancies at UK colleges and universities, UCAS Confirmation and Clearing, apprenticeships and jobs, volunteering, training, or staying on at school.

The SDS Results Helpline number is **0808 100 8000** – and will go live at 8am on results day, Tuesday 4 August 2026 and be available for the rest of that week.

There's also lots of support on [My World of Work](#), including information for school leavers, and a dedicated area for parents and carers with lots of information and resources to help.

Find out how you can support your young person as they prepare to leave school and how to handle career conversations at the times that matter most at myworldofwork.co.uk/parents-carers

Suggested text/school app alert and social media post copy and graphic (right click to save image):

Whatever your young person's results, @skillsdevscot expert careers advisers can help them explore their options. Call the SDS Results Helpline on 0808 100 8000 from 8am on results day, Tues 4 Aug and the rest of that week. myworldofwork.co.uk #ResultsDay

Skills Development Scotland

My World of Work

Parents and carers

Worried about your young person's exam results? We're here for you too

Call the Results Helpline
4 to 7 Aug on 0808 100 8000

SDS Parent and Carer Voice survey 2025/26

School website news article/newsletter update/email update

Timings: now until 31 May 2026

Feedback on Skills Development Scotland's (SDS) career service:

Parents and carers are key influencers over young people's career ambitions and choices.

SDS work in close partnership with this school to support our young people to make informed career choices and they would value feedback from parents and carers on their services. You can do this by taking part in SDS's [Parent and Carer Voice survey](#).

All responses are confidential and anonymous, and the results will be used to inform SDS services, and the survey should only take about 10 minutes to complete. All entrants have the chance to win a £100 Amazon voucher.

Suggested text/school app alert and social media post copy and graphic (right click to save image):

Skills Development Scotland would like feedback from parents and carers on their career service. Please take part in SDS's [Parent and Carer Voice survey](#).



Modern and Graduate Apprenticeships

Timing: year-round

Scottish Apprenticeships

Modern and Graduate Apprenticeships are a great way for school leavers to kick-start their career, offering the chance to work, learn and earn.

With over 100 different types available, [Modern Apprenticeships](#) are jobs for anyone 16 or over who has left school. They offer paid work alongside structured training. They are designed with industries, so the skills apprentices learn are the ones that employers want.

[Graduate Apprenticeships](#) are jobs open to anyone 16 or over who has left school and wants to work, learn and earn up to Masters degree level. This kind of apprenticeship combines a degree-level qualification and valuable workplace experience as an employee in some of Scotland's most exciting industries, along with attending university for study. They are designed by employers and available in a wide range of growth sectors – all with great career prospects.

There are currently 15 different types of Graduate Apprenticeship available across Scotland that take two to five years to complete in subject areas including administration and business management, computing and ICT, construction and building, cyber security, and engineering.

Find the right Scottish Apprenticeship for you

Information about Modern and Graduate apprenticeships, as well as a live vacancy search, is available at apprenticeships.scot

You can also explore [apprentice stories](#), to find out what it is like to work, earn and learn with an apprenticeship.

Suggested school text/app alert:

Modern and Graduate Apprenticeships offer the chance to work, learn and earn. Find out more about the different types available and search current vacancies on apprenticeships.scot

Suggested social media posts social media post copy and graphic (right click to save image): Please follow and tag [@apprentice scot](#) on X, [@apprentice scot](#) on Instagram, and [ScottishApprenticeships](#) on Facebook

- Modern and Graduate #Apprenticeships offer great career prospects in a range of industries. Find out more at apprenticeships.scot
- There are over 100 different types of Scottish #Apprenticeship. Find out more at apprenticeships.scot

